

**ecotricity**

**Energy saving advice**



Climate change is getting worse and energy bills are going up.

It doesn't have to be this way. There are some very simple things you can do to make your home more energy efficient and cut the cost of your bills.

## Heating and hot water

More than a half of your energy bill goes towards providing you with heating and hot water. Cut the energy you use and save money by:

- Installing a modern, condensing boiler. Older boilers inevitably lose some heat in the hot gases from burning. A condensing boiler is more efficient as it recovers the heat from these hot gases.
- Fitting a British Standard jacket around an uninsulated cylinder will cut heat loss by over 75% and could save you around £140 a year. Insulate pipes for even more savings.
- Setting your heating to go off 30 minutes before you leave the house and to come on again 30 minutes before you expect to return. Turn it off completely overnight and when no one is in the house.

## Cool it down

Knocking a degree or so off your thermostat will cut your heating bills. You'll stay cosy if you keep temperatures between 18 and 21 degrees.

## Stop the draught

Insulation stops heat leaking out of your home and cold seeping in. A quarter of your heat is lost through the roof and a third seeps out through the walls.

Heat rises, so insulating your loft, attic or flat roof is a simple and effective way to reduce your heating bills and CO2 emissions.

## Seal it

All properties lose heat through their windows. Energy efficient glazing keeps your home warmer and quieter as well as reducing your energy bills. That might mean double or triple glazing, secondary glazing, or just heavier curtains.

A cheaper alternative is to tape polythene across your windows, it keeps heat in and the cold out. You can also use draught-proofing strips or brushes, depending on the type of windows you have. While you're at it, fit draught excluders to your doors.

Floors can be draughty, too. Timber floors can be insulated by lifting the floorboards and laying mineral wool insulation supported by netting between the joists.

## Get cosy

As soon as it gets dark and cold, close your curtains. Shut your doors and keep the heat in the rooms that you use rather than letting it seep away.

**Lagging your tank  
can cost as little £15  
and can save up to  
£140 per year**

**Kettles that only boil the required water use up to 20% less energy over conventional kettles**



Keep your radiators clear of furniture or laundry because they absorb a lot of heat. A shelf above your radiator will push warm air into the room; put foil behind it to keep more of that heat inside your home.

Stay warm in bed with a warmer duvet in the winter and a toasty hot water bottle – it's much cheaper than an electric blanket. If you don't have carpets, get some rugs in the winter to keep your toes warm.

## **Don't let it go down the plughole**

Washing up uses less water and much less energy than a dishwasher. Running hot water costs money – think of all the energy it takes to heat it – so make sure you stick a plug in your sink. Turning taps off properly and repairing ones that drip is also a good idea. A dripping tap can waste more than 5,300 litres of water a year.

## **Fit energy saving bulbs**

Lighting gobbles up 15% of our electricity use. Compact fluorescent lamps (CFL) and light emitting diodes (LED) are a cost-effective alternative to traditional light bulbs. LEDs are great for spotlights and dimmable lights.

It's a bit obvious, but always turn the light off when you leave a room.

## **The green science of the appliance**

Always look for the most energy efficient new appliances and don't leave them on standby.

For things like your iPad or phone, don't leave them filling up with juice when they're already full.

Save energy and costs by choosing energy efficient appliances. Energy ratings appear on a coloured scale from A+++ (most efficient) to D (least efficient).

Always use a full load in your washing machine (and your dishwasher) and stick to the 30C temperature, it will use about 40% less electricity.

## **Green cuisine**

Cook in a pan of the right size with a lid and use just enough water to cover vegetables, boiling the water in the kettle first.

Making a cuppa? The Energy Saving Trust estimates that overfilling the kettle costs British households £68 million on energy bills a year, so only boil the water you need.

If you have an electric oven, turn it off 5 -10 minutes before the scheduled cooking time. Ovens are energy hungry and you can use the built-up heat to finish cooking. Keep the oven door shut, because every time you open it, you could lose a quarter of the heat.

Cooking more than one meal at a time and freezing it for another day will save you money.

Allow hot or warm food to cool down before putting it in the fridge – and defrost your fridge regularly to keep it running efficiently and cheaply. If you're defrosting food, leave it in the fridge as this cools your fridge for free. If it tends to frost up quickly, check the door seal. Keep your fridge at 3-5C and freezer at -18C to make sure they're efficient.



## Get in touch

If you'd like any more energy saving tips and advice, just give our Customer Service team a call on **0345 555 7 100** or email **home@ecotricity.co.uk**.

## Useful contacts

### Citizens Advice

To get information or advice, call the Citizens Advice consumer helpline on 0808 223 1133.

You can talk to a Welsh-speaking adviser on 0808 223 1144.

### England and Wales

Call Energy Saving Advice Service on 0300 123 1234 (all you pay for is a national rate call). Alternatively, you can email [energy-advice@est.org.uk](mailto:energy-advice@est.org.uk)

### Scotland

Call Home Energy Scotland free on 0808 808 2282.

### Energy Saving Trust

Find out more at [energysavingtrust.co.uk](http://energysavingtrust.co.uk) or call on 0300 123 1234.

### Energy Supply Ombudsman

Find out more at [energy-ombudsman.org.uk](http://energy-ombudsman.org.uk). Email at [enquiries@energy-ombudsman.org.uk](mailto:enquiries@energy-ombudsman.org.uk) or call on 0330 440 1624 or 0330 440 1600.

PO Box 966 Warrington WA4 9DF

### Centre for Sustainable Energy

Find out more at [cse.org.uk](http://cse.org.uk). Email at [info@cse.org.uk](mailto:info@cse.org.uk) or call on 0117 934 140.

